

MARCH 31 - MAY 3, 2025

Superpower

THE SUPER POWER STRENGTH CYCLE IS MAY OR MAY NOT GIVE ATHLETES SUPERPOWERS, BUT IT WILL DEFINITELY IMPROVE THEIR ABSOLUTE STRENGTH & EXPLOSIVE POWER THROUGH A SUPERSET FORMAT OF CONTRAST TRAINING.

It starts with a primer week, using moderate weights and a mix of lifts to get the body ready for heavier training. Over the next three weeks, weights will gradually increase while pairing heavy lifts with fast, explosive movements to develop both absolute strength and explosive power.

This approach works well because progressively increasing weight builds muscle and strength while adding fast, explosive exercises teach the body to move with power. Each week, the lifts get heavier to force strength adaptations, while the lighter movements improve the body's ability to produce power. The final deload week allows for full recovery so athletes feel stronger, fresher, and ready to perform well.

FOCUS

Strength

Explosive Power

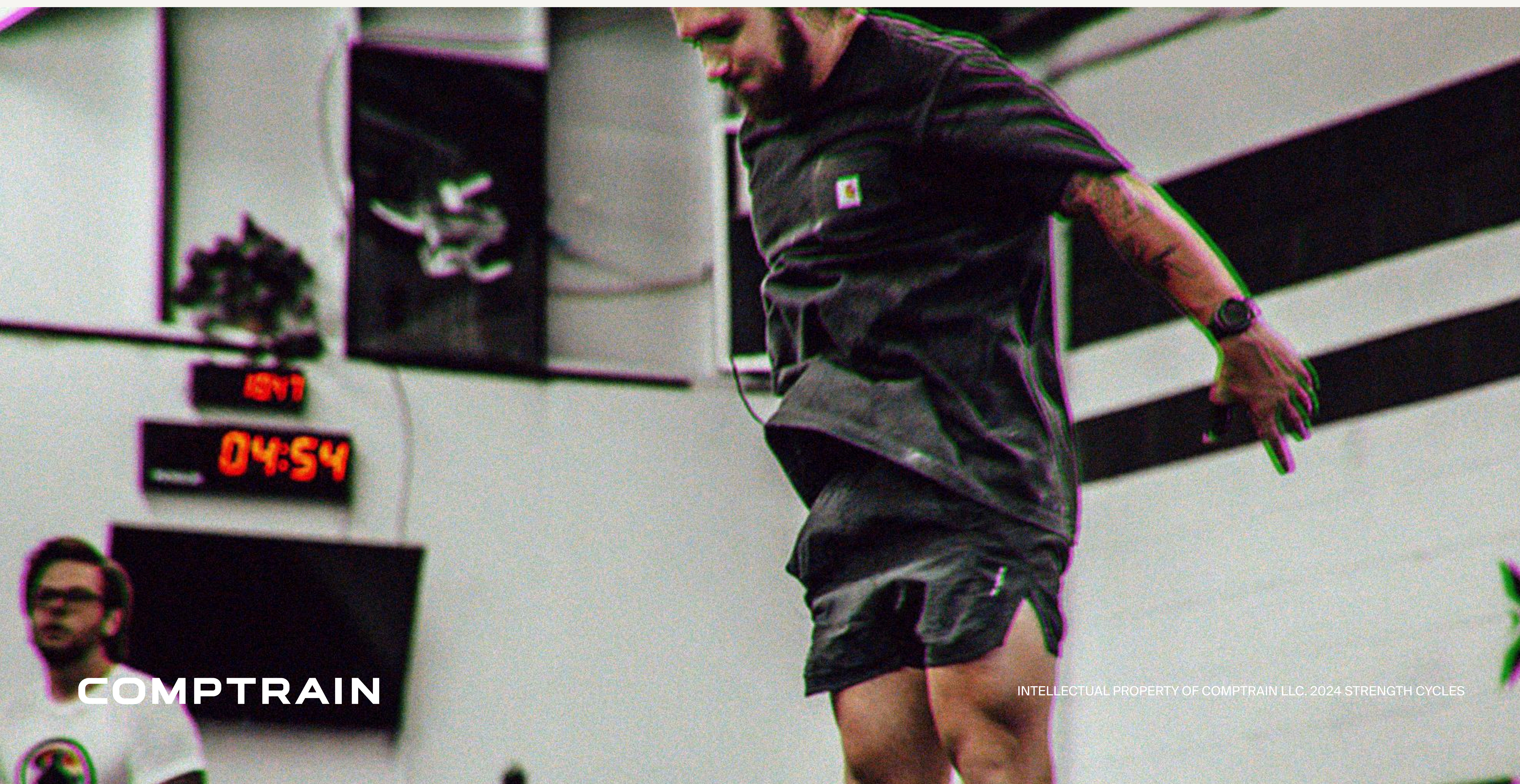
COACHING EMPHASIS

Force, Speed, And Power With The Contrast Movements. Faster Is Better Than Heavier.



WHY THIS MATTERS?

This cycle builds strength with athleticism—not just raw force, but the ability to apply that strength quickly and efficiently. By training both ends of the force-velocity spectrum, athletes leave this cycle stronger, faster, and better prepared for future strength and power phases.



Superpower Strength Cycle

Dates: March 31, 2025 - May 3, 2025

Purpose:

The Superpower Strength Cycle is designed to develop absolute strength and explosive power through contrast training—a method that pairs heavy lifts with high-speed movements to maximize force production. While it won't grant you superpowers, it will make you stronger, faster, and more explosive. This cycle follows a progressive overload model while integrating contrast training to train both maximal strength and power output.

Weekly Breakdown:

- Week 1
 - Primer Week – Athletes focus on moderate loads and a mix of lifts to prepare for heavier work ahead.
 - Format: 3-4 Sets at 75% - 85%
 - Movements - **(M)** Power Clean, **(T)** Strict Press, **(W)** Front Rack Step-Back Lunge, **(F)** Sumo-Deadlift
- Weeks 2-4
 - Strength & Speed Supersets – Each heavy lift is paired with a fast, explosive movement to train power development alongside strength.
 - Format: 4 Sets with decreasing reps and increasing percentages week over week.
 - Week 1 = 75-80% | **(M)** Weighted Pull Up, **(T)** Deadlift, **(W)** Bench Press, **(F)** Back Squat
 - Week 2 = 77-85% | **(M)** Bench Press, **(T)** Back Squat, **(W)** Weighted Pull Up, **(F)** Deadlift
 - Week 3 = 83-93% | **(M)** Weighted Pull Up, **(T)** Deadlift, **(W)** Bench Press, **(F)** Back Squat
 - Movements: Weighted Pull Up, Back Squat, Bench Press, Deadlift
 - Contrast Movements: Medball Slams, DB Squat Jumps, Medball Chest Throw, Broad Jumps
- Week 5
 - Deload Week – A reduction in volume and intensity to allow full recovery and adaptation, leaving athletes primed for future gains.
 - Format:
 - Movements: **(M)** Power Clean, **(W)** Front Squat, **(F)** Sumo Deadlift

This structured approach ensures athletes build strength without losing speed, coordination, or athleticism.

Why It Works

- Develops Strength & Power Simultaneously – Heavy lifts build muscle & force production, while explosive movements train speed & reactivity.
- Trains Faster Force Production – Teaching the body to move heavy loads quickly enhances athletic performance and overall power output.
- Prevents Burnout & Maximizes Adaptation – The deload week ensures recovery & long-term gains without overtraining.

Coaching Emphasis

- Force, Speed, and Power – The goal isn't just lifting heavy—it's moving fast and powerfully.
- Faster is Better Than Heavier – The contrast movements should be explosive, not slow or sluggish.

3 Key Benefits of the Superpower Strength Cycle

- Maximizes Strength & Power Development – Contrast training ensures athletes don't just get stronger but also learn to produce force faster, improving overall power output.
- Enhances Athletic Performance – By pairing heavy lifts with explosive movements, this cycle improves coordination, speed, and reactivity—critical for strength sports and real-world performance.
- Optimizes Recovery & Long-Term Gains – The structured progression balances intensity with recovery, ensuring steady improvement without burnout, keeping athletes fresh for future phases.

Where the Superpower Cycle Fits Into the Bigger Picture:

- Acts as a bridge between pure strength and power development, transitioning athletes from heavy doubles and maximal lifts into higher-velocity strength work.
- Prepares athletes for more dynamic training, making it a great setup for barbell cycling, weightlifting, or sport-specific explosiveness.